

SHOP TALK

Demo Newtons

The new Newton Running Lab concept store, located on 13th St between Walnut and Canyon in Boulder, has a full fleet of the latest Newton shoes available to demo; try their patented Action/Reation technology first-hand. The Lab also features custom orthotics, foot and gait analysis and endurance apparel and gear. newtonrunning.com

The Bar Method Now Open

The Bar Method, famous for creating sculpted bodies through a high-intensity, non-impact workout, opened its first studio in Boulder at Canyon and Folsom. According to the owners, a one-hour class will work your muscles until they're quaking, but they'll also feel deeply stretched. barmethod.com

Local at Your Door

Door to Door Organics continues their commitment to purchasing "local first" by offering an "All Local" box of fresh organic produce July through



November. "All Local" boxes are available in two sizes, the "Bitty"

for \$23.66, and the "Small" for \$33.66. Produce in the local boxes might include peaches, cherries, melons, apples, pears, spinach, corn, peppers, lettuce, greens and summer squash. doortodoororganics.com

Body Bar Now Downloadable

Boulder-based Body Bar is partnering with iAmplify.com video distribu-

tion network to provide Body Bar workouts at bodybar.com/body-bar-store/downloads. The workouts are led by top trainers in the fitness industry, utilizing the newest innovative ways to use the Body Bar weighted bar and Body Bar Flex.

A Special Club Experience

Carmichael Training Systems (trainright.com) in Colorado Springs has opened a new Endurance Sports Club in the newly renovated Roundhouse building on the Highway 24 and 21st Street. Members enjoy access to power-based indoor cycling classes; strength training equipment and coach-led classes for endurance athletes; and access to Computrainers and equipment outside of classes.

Massage Envy Keeps Growing

Massage Envy (massageenvy.com) announced the opening of its newest clinics in Englewood and Lakewood. The Highlands Ranch-based company now has 22 locations across the Front Range. The Englewood clinic is located at Sante Fe Drive and Hampden Avenue. The Lakewood clinic is at 5392 S. Wadsworth.

Passport to Adventure

Designed for kids and families, REI's Passport to Adventure program includes an Adventure Journal with games, outdoor tips, stickers and information about local hike and bike trails. REI created the program to help increase childhood interest in nature and the outdoors. Stop by any REI store or go to rei.com/passport to download the complimentary adventure journal.

MAP MY WORKOUT

Looking to mix up your routine? Check out this month's ride and run options courtesy of MapMyFitness.com.



High Drive
38.73 miles
Morrison

Mapmyride.
com/ride/united-states/co/morrison/540768781

Start from the Morrison Park 'n Ride—up Deer Creek Canyon, back down Bear Creek Canyon.



11.5 Beautiful Back Roads From Meadow Mountain
11.86 miles
Longmont

Mapmyrun.
com/run/united-states/co/longmont/371241951

This is a fantastic backroads run in southwest Longmont. Much of it is on dirt roads.



THE SOURCE FOR THE ACTIVE LIFESTYLE!

& competitor

present JULY

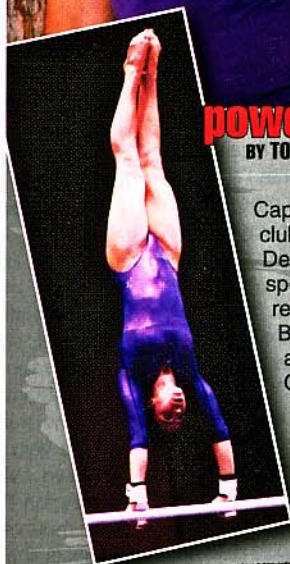
Athlete of the Month

Margaret O'Neal



Margaret O'Neal just graduated from Highlands Ranch High School with highest honors and will attend Southeast Missouri State University on an academic AND athletic scholarship! Many years of unwavering dedication to the sport of gymnastics has rewarded her: Margaret was the first Colorado gymnast to be recognized by the State USAG Board as Colorado Level 10 Gymnast of the Year. She worked out 26 hrs. a week while attending school, and was the

powered BY TOKYO JOE'S



Captain of her Adrenaline Gymnastics club team for the last 2 years. Determined to leave her mark on the sport, Margaret invented a new release skill on the Uneven Parallel Bars that she successfully performed at the National Junior Olympic Championships in Seattle recently. "THE O'NEAL" is now listed in the International Book of Code for Gymnastics; the same book used for the Olympics!

MARGARET'S STATS:

FAVORITE JOE'S MENU ITEMS: COMBO BOWL
HOW LONG JOE'S ADDICT: 10 YEARS



Are You A Local Stud or Do You Know One?

go to tokyojoes.com and nominate somebody you think qualifies to be our Athlete of the Month!

winner receives \$200 worth of JOE'S food and some cool swag!

LOCATIONS

eat in or take out

tokyojoes.com

18 Locations Citywide